

## Avocado & Corn Salsa

1 jalapeño  
¼ onion  
¼ cup cilantro  
1 ripe avocado

Chop up ingredients and add...

2-3 tbsp. lime juice  
½ can low-sodium corn  
1 tsp. sugar  
Salt and pepper to taste

Chop, combine, mix, & enjoy!

\*Serve with multi-grain tortilla chips

Sponsored by Wellness Programs

All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)

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